



THE ENRICHMENT CENTER

1615 S. Third Street, Sanford. N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day

North Carolina Certified Senior Center of
Excellence Serving Boomers, Seniors,
Caregivers & Veterans.

Monday - Thursday 8:00 AM - 8:00 PM

Friday 8:00 AM - 5:00 PM

The mission of Lee County Senior Services
is to fashion an achievable vision of successful
aging in Lee County.

The Enrichment Center is a focal point in
the community where patrons access
services and engage in activities.
Programming has an emphasis on
community betterment through
involvement. We offer a variety of
innovative programs: educational,
entertaining, fitness, health & wellness.

Most of our programs and services are open to all Lee County adults. Due to the broad variety offered, policies and guidelines will be reviewed at the time of inquiry and registration. We welcome residents of neighboring counties on a space available basis.

EDUCATIONAL OFFERINGS Life long learning is essential for maintaining a zestful life. Classes vary from topics concerning financial planning and insurance to driver's refresher, computer, Internet/Email/Facebook, art classes, current events and dancing. Participants keep Enrichment Center staff inspired with their innovative ideas for continuing education.

The Enrichment Center Staff are available to make presentations on topics related to aging for area groups, agencies and employers. Marketing assistance is available to small businesses that wish to attract mature consumers. Industrial, business, faith community and agency/organization partnerships are welcome.

SERVICES Lee County Senior Services has been providing quality services for over twenty-five years in the Sanford area. Among the many services offered at the Center are:

❖ Powerful Tools Training for Family Caregivers ❖ Nutritionally Balanced Meals ❖ Home Delivered Meals
❖ Transportation ❖ Volunteer Opportunities ❖ Resources for Family Caregivers ❖ Information/Referral/
Options Counseling ❖ Home Repair ❖ Medicare Counseling ❖ Tax Assistance ❖ Advance Directives:
Healthcare POA & Living Wills ❖ Support Groups ❖ Indigent Programs ❖ Resource Library ❖ Notary
Public ❖ Senior Games & Silver Arts ❖ Community Outreach ❖ Grandparents Raising Grandchildren
❖ Aging Provider Network ❖ Public Access Computers ❖ Wireless Internet ❖ EC Friendly Phone
Connections ❖ Community Events Information ❖ Employment/Training Information

ACTIVITIES The Center provides a wide variety of entertaining activities. Card Parties, games, dances, trips, drop in activities and regularly scheduled special events are part of the weekly fare. Participants and the general public work with staff to develop innovative programming.

FITNESS & WELLNESS on Reverse Side...



Wellness Works!

We Have Something for Every"BODY" Try a Class for FREE!

Fitness is central to many of the programs offered at the Center. Wellness programs include yoga, aerobic exercises, water aerobics and an equipped fitness room. A personal fitness trainer is available to assist you with individual fitness needs and goals. Center staff work with area health care professionals to offer health fairs, health education self-care seminars and disease prevention classes.

To register for classes, further details and guidelines, please give us a call or stop by the Center. Consult your physician before beginning any exercise program.

Daytime Classes Package \$30/month

-\$10 discount

Evening Classes Package \$20/month

- \$5 discount

Low Impact Aerobics & Toning Classes

\$10 per month.

**Tuesday/Thursday 9:00 AM – 10:00 AM
with Kathy McLeod-Edwards**

**Low-Impact Aerobics Monday/Wednesday
5:30 PM with Cathy Andrew**

Water Aerobics Held at OT Sloan Pool

June - August \$25 for the summer or \$10/month

**Monday/Wednesday/Friday 11:00 AM
or Monday/Wednesday/Thursday 5:30 PM**

Stretch & Tone

Tuesday/Thursday 11:00 AM. No Charge.

The Fitness Room

Monday - Thursday 8:00 AM – 8:00 PM

Friday 8:00 AM – 5:00 PM

\$1.00 per daily visit – Equipment orientation required.

Walking Trail

1/4 mile around the perimeter of the property. No Charge.

Fitness Yoga

Mondays 8:30 AM or Tuesdays 5:30 PM

or Fridays 8:30 AM \$15 per month/one class per week.

**Drop by for shuffleboard, horseshoes,
bocce and table tennis!
Equipment available for your use.**

Senior Games & Silver Arts of Lee County

Held every spring and offers athletic & artistic events.

**Senior Games & Silver Arts are open to Lee County
residents age 50 and better.**

FREE Evidence-Based Wellness Programs Offered Led by Certified Trainers

Contributions Accepted

Call (919) 776-0501 ext. 2201

for Class Dates and Times

Take Control of Your Diabetes

**A program for people with diabetes that provides
participants with skills and tools to gain
more control of their health.**

A Matter of Balance

**A program designed to manage falls, increase activity
levels and increase strength and balance.**

Powerful Tools for Caregivers

**A program for family caregivers that provides
participants with tools and strategies to better handle
the unique caregiver challenges.**

Tai Chi for Arthritis for Fall Prevention

**This beginners class is aimed at helping to increase both
lower and upper body strength, as well as improve
balance and reduce falls.**

SilverSneakers Fitness Location!

**SilverSneakers is a fun, energizing program that helps older
adults take greater control of their**

**health by encouraging physical
activity and offering social events. If
you are part of a Medicare health plan
or a group retiree, you may already**

**have the SilverSneakers benefit. Eligible participants receive
FREE participation in our qualifying fitness programs at The
Enrichment Center. To enroll call 919-776-0501**

Ext. 2201 and ask for a fitness instructor.

